

Louisiana and Creole Recipes

Cajun Stuffed Eggplant

Favorite Recipes, *Louisiana Cookin' from Tabasco Brand Pepper Sauce* (Lincolnwood, Illinois: Favorite Recipes, 1988), p. 25

Contributed by Diane Wolford Sheppard

3 medium eggplants, split in half lengthwise
3 slices bacon
1 medium onion, chopped
1 small green pepper, chopped
½ cup chopped celery
2 cloves garlic, minced
½ pound ground pork
½ pound ground beef
1 can (16 ounces) whole tomatoes, drained, chopped
1 teaspoon TABASCO pepper sauce
½ teaspoon dried thyme leaves
½ teaspoon dried oregano leaves
½ teaspoon salt
½ cup dry bread crumbs
¾ cup grated Parmesan cheese, divided

Place eggplant halves in large pot of boiling salted water; boil 20 to 30 minutes or until tender. Remove from water and drain cut-side down on wire racks. Scoop out pulp being careful not to break skin. Cut scooped-out portion into ½ inch cubes; set aside.

Preheat oven to 350° F. In large skillet cook bacon until crisp; remove to paper towel to cool, then crumble and reserve. In same skillet cook onion, green pepper, celery, and garlic 5 minutes or until tender. Add pork and beef; cook 5 minutes longer or until meat is browned. Drain off fat. Stir in eggplant cubes, bacon, chopped tomatoes, TABASCO pepper sauce, thyme, oregano, and salt; simmer 5 minutes. Remove from heat; stir in breadcrumbs and ½ cup cheese. Spoon mixture into eggplant shells. Top with remaining ¼ cup cheese. Bake 20 to 30 minutes or until eggplant is heated through and cheese is lightly browned.

Makes 6 servings.

Creole Chicken Jambalaya

Favorite Recipes, *Louisiana Cookin' from Tabasco Brand Pepper Sauce* (Lincolnwood, Illinois: Favorite Recipes, 1988), p. 32

Contributed by Diane Wolford Sheppard

¼ cup vegetable oil
2 medium onions, chopped
6 green onions, chopped
2 medium green peppers, chopped
1 (2 ½ to 3 – pound) broiler-fryer chicken, cut into 8 pieces
½ pound cooked ham, cubed
½ pound smoked or Polish sausage, cut into ½ inch slices
1 can (16 ounces) tomatoes, cut into pieces, undrained
1 can (6 ounces) tomato paste

1 teaspoon salt
1 ¾ cups uncooked rice
½ cup water
¾ teaspoon TABASCO pepper sauce

In large saucepan or Dutch oven heat oil. Add onions, green onions, and peppers; cook 10 minutes or until tender. Add chicken and brown on all sides, about 10 minutes. Add ham, sausage, tomatoes, tomato paste, and salt. Cover, simmer 10 minutes; stir in rice. Add water. Cover. Simmer 1 hour or until chicken is done; stir frequently. Add water if rice begins to stick to bottom of pan. Before serving, stir in TABASCO pepper sauce.

Makes 8 servings

Ham and Sausage Jambalaya

Favorite Recipes, *Louisiana Cookin' from Tabasco Brand Pepper Sauce* (Lincolnwood, Illinois: Favorite Recipes, 1988), p. 20

Contributed by Diane Wolford Sheppard

2 tablespoons vegetable oil
1 package (about 20 ounces) kielbasa, cut into ½ - inch slices
2 large onions, chopped
1 medium green pepper, chopped
1 cup chopped celery
2 cloves garlic, minced
3 cups chicken broth
1 can (16 ounces) whole, peeled tomatoes, undrained
½ pound cooked ham, cut into cubes
1 bay leaf
½ teaspoon TABASCO pepper sauce
½ teaspoon dried thyme leaves
½ teaspoon ground allspice
1 ½ cups uncooked rice

In large saucepan or Dutch oven heat oil. Add kielbasa, onions, green pepper, celery, and garlic; cook 8 to 10 minutes or until vegetables are tender. Add chicken broth, tomatoes, ham, bay leaf, TABASCO pepper sauce, thyme, and allspice; simmer uncovered 15 minutes. Add rice. Cover; simmer 15 minutes. If necessary, add more broth or water and simmer until rice is tender. Remove bay leaf. Serve with additional TABASCO pepper sauce, if desired.

6 servings

Rémoulade Sauce

Favorite Recipes, *Louisiana Cookin' from Tabasco Brand Pepper Sauce* (Lincolnwood, Illinois: Favorite Recipes, 1988), p. 24

Contributed by Diane Wolford Sheppard

2/3 cup catsup
2 tablespoons prepared horseradish
1 tablespoon Worcestershire sauce
1 tablespoon chopped parsley
1 tablespoon minced green onion
1 tablespoon minced celery

½ teaspoon TABASCO pepper sauce
½ teaspoon dry mustard

In small bowl combine all ingredients; mix well. Cover; refrigerate. Serve with salads and vegetables.

Makes 1 cup

French-Quarter Rice Salad

Favorite Recipes, *Louisiana Cookin' from Tabasco Brand Pepper Sauce* (Lincolnwood, Illinois: Favorite Recipes, 1988), p. 28

Contributed by Diane Wolford Sheppard

1 package (6 ounces) long grain and wild rice mix
2/3 cup vegetable oil
¼ cup white wine vinegar
1 tablespoon Dijon-style mustard
1 clove garlic, minced
½ teaspoon TABASCO pepper sauce
2 cups diced cooked chicken or turkey
1 large carrot
½ cup raisins
½ cup chopped green onions
½ cup pecans, toasted

Cook rice according to package directions. Cool slightly. In large bowl combine oil, vinegar, mustard, garlic, and TABASCO pepper sauce. Add rice, chicken, carrot, raisins, and green onions; mix well. Cover; refrigerate 2 to 4 hours to blend flavors. Just before serving, stir in pecans.
Makes 4 servings.

Seafood Creole

Favorite Recipes, *Louisiana Cookin' from Tabasco Brand Pepper Sauce* (Lincolnwood, Illinois: Favorite Recipes, 1988), p. 22

Contributed by Diane Wolford Sheppard

1 tablespoon vegetable oil
3 tomatoes, peeled, and coarsely chopped
1 large onion, chopped
1 green pepper, chopped
1 celery stalk, chopped
3 cloves garlic, minced
1 ½ cups water
¾ cup uncooked rice
1 teaspoon ground cumin
½ teaspoon dried thyme leaves
½ teaspoon TABASCO pepper sauce
1 bay leaf
1 ½ pounds red snapper fillets with skin, cut into 2-inch pieces
¼ cup chopped parsley

In large skillet heat oil, cook tomatoes, onion, green pepper, celery, and garlic until crisp-tender. Add water, rice, cumin, thyme, TABASCO pepper sauce, and bay leaf. Bring to a boil; reduce heat and

simmer 10 minutes. Add fish and parsley. Cover; simmer 5 to 10 minutes longer or until liquid is absorbed and fish flakes easily when tested with fork. Remove bay leaf.

4 servings

Shrimp Bisque Orleans

Favorite Recipes, *Louisiana Cookin' from Tabasco Brand Pepper Sauce* (Lincolnwood, Illinois: Favorite Recipes, 1988), p. 91

Contributed by Diane Wolford Sheppard

¼ cup butter or margarine
1 large onion, chopped
½ cup chopped celery
2 cloves garlic, minced
2 tablespoons flour
2 tablespoons tomato paste
3 cups milk
2 cups clam or fish broth
1 bay leaf
½ teaspoon dried basil leaves
½ teaspoon TABASCO pepper sauce
¼ teaspoon salt
1 pound shrimp, peeled, and deveined
¼ cup sliced green onions

In large saucepan melt butter, add chopped onion, celery, and garlic. Cook 5 minutes or until tender. Stir in flour and tomato paste; cook 1 minute. Remove from heat. Gradually stir in milk and broth; add bay leaf, basil, TABASCO pepper sauce, and salt. Bring to a boil. Reduce heat; simmer 10 minutes. Add shrimp and green onions; simmer 5 minutes longer or until shrimp turn pink. Remove bay leaf.

Makes 6 servings.

Shrimp Etoufée

Favorite Recipes, *Louisiana Cookin' from Tabasco Brand Pepper Sauce* (Lincolnwood, Illinois: Favorite Recipes, 1988), p. 27

Contributed by Diane Wolford Sheppard

½ cup butter or margarine
2 medium onions, chopped
1 cup chopped celery
1 cup chopped green onions
2 cloves garlic, minced
½ cup flour
4 cups water
2 cans (16 ounces each) tomatoes, drained
2 tablespoons lemon juice
1 teaspoon salt
2 bay leaves
¼ teaspoon shrimp, peeled, deveined
½ teaspoon TABASCO pepper sauce
Hot cooked rice

In large saucepan or Dutch oven melt butter; add onions, celery, green onions, and garlic. Cook 5 minutes or until tender. Add flour; stir until well blended. Stir in water, tomatoes, lemon juice, salt, bay leaves, and thyme. Bring to a boil, reduce heat and simmer covered 30 minutes; stir occasionally. Add shrimp and TABASCO pepper sauce. Simmer 5 minutes longer or until shrimp turn pink. Remove bay leaves. Serve over rice.

Makes 8 servings.

Louisiana Shrimp and Chicken Gumbo

Favorite Recipes, *Louisiana Cookin' from Tabasco Brand Pepper Sauce* (Lincolnwood, Illinois: Favorite Recipes, 1988), p. 33

Contributed by Diane Wolford Sheppard

3 tablespoons vegetable oil
¼ cup flour
2 medium onions, chopped
1 cup chopped celery
1 large green pepper, chopped
2 cloves garlic, minced
3 cups chicken broth
1 can (16 ounces) whole tomatoes in juice, undrained
1 packages (10 ounces) frozen sliced okra
1 bay leaf
1 teaspoon TABASCO pepper sauce
¾ pound shredded cooked chicken
½ pound shrimp, peeled, deveined
Hot cooked rice

In large saucepan or Dutch oven heat oil. Add flour and cook over low heat until mixture turns dark brown and develops a nutty aroma; stir frequently. Add onions, celery, green pepper, and garlic; cook 5 minutes or until vegetables are tender. Gradually add broth. Stir in tomatoes, okra, bay leaf, and TABASCO pepper sauce; bring to a boil. Add chicken and shrimp; cook 3 to 5 minutes or until shrimp turn pink. Remove bay leaf. Serve with rice.

6 servings

Shrimp and Sausage Jambalaya

Favorite Recipes, *Louisiana Cookin' from Tabasco Brand Pepper Sauce* (Lincolnwood, Illinois: Favorite Recipes, 1988), p. 24

Contributed by Diane Wolford Sheppard

2 tablespoons vegetable oil
½ pound andouille or hot-smoked sausage, cut into ½ inch slices
½ cup sliced celery
1 small onion, chopped
1 small green or red pepper, chopped
1 clove garlic, minced
1 ¾ cups chicken broth
1 can (8 ounces) whole peeled tomatoes, coarsely chopped, undrained
1 bay leaf

¼ teaspoon TABASCO pepper sauce
¼ teaspoon dried oregano leaves
¼ teaspoon dried thyme leaves
1/8 teaspoon ground allspice
¾ cup uncooked rice
½ pound shrimp, peeled, deveined and cut in half lengthwise
Celery leaves

In large heavy saucepan or Dutch oven, heat oil over medium-high heat. Add sausage, celery, onion, green pepper, and garlic. Cook 5 minutes or until vegetables are tender; stir frequently. Stir in broth, tomatoes, bay leaf, TABASCO pepper sauce, oregano, thyme, and allspice. Bring to a boil. Reduce heat and simmer uncovered 10 minutes; stir occasionally. Stir in rice. Cover; simmer 15 minutes. Add shrimp; cover and simmer 5 minutes longer or until rice is tender and shrimp turn pink. Let stand covered 10 minutes. Remove bay leaf. Garnish with celery leaves.

Variation: for Chicken and Sausage Jambalaya, follow recipe above, substituting ¾ pound boneless, skinless chicken, cut into thin strips for the shrimp. Simmer until rice is tender and chicken turns opaque.

4 servings.